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| **Chinese new year ginger, pear and lychee parcels**  Makes 24  Source: adapted from asianfoodgrocer.com | |
| **Ingredients**  7 sheets of filo pastry  100 grams melted butter  1/3 cup desiccated coconut, toasted  Filling  2 pears, cored and chopped into small pieces  1/3 can of lychees, drained and chopped  1 tablespoon glace ginger, finely chopped  ¼ teaspoon Chinese 5 spice powder  Zest from one lemon  1 tablespoon lemon juice  1 Tablespoon sugar  Icing sugar and cream to serve | **Equipment**  Chopping boards  Knives  Measuring scales  Measuring spoons and cups  Mixing bowls  Pastry brush  Fry pan and wooden spoon  Baking trays  Glad bake |
| * Pre heat oven to 180 degrees * Carefully unwrap the pastry and remove the 7 sheets, re wrap the remaining pastry immediately * Cut each sheet into 3 long sections * Using the melted butter, brush each sheet * Toast the coconut in a dry fry pan over a medium heat. Use the spoon to keep moving the coconut. Watch it carefully or it may burn * Scatter the toasted coconut over the buttered filo * To make the filling, combine the chopped pear, lychee, ginger, 5 spice powder, lemon zest and juice and sugar in a bowl. Mix well. * Place a small amount of filling at the base of each sheet of filo, and roll the pastry over and over creating a triangle shape with the filling sealed inside * Brush butter on the outside of the parcel and place on a baking tray * Bake in the oven for 15-20 minutes or until golden * Dust with icing sugar and serve with whipped cream | |